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EC9907 Revised 1947 Family Canning, Freezing and Storing Budget

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9907-47

FAMILY CANNING, FREEZING AND STORING BUDGET

For 36 Non-Growing Weeks

Vegetables - 30	Average for one adult		My Family	
	Canned--Frozen	Stored	Canned--Frozen	Stored
Green and Yellow - Beans	5 qt.	7 lb. dried		
Carrots	4 qt.	12 lb.		
Greens	6 qt.	----		
Peas	5 qt.	----		
Pumpkin	----	5 lb.		
Squash (Yellow)	----	5 lb.		
Other Vegetables -				
*Beets	3 qt.	6 lb.		
*Cabbage	3 qt. kraut	20 lb.		
Corn	4 qt.	1 lb.		
Onions	----	10 lb.		
Parsnips & Turnips	----	14 lb.		
Potatoes	----	120 lb. (2 bu.)		

Fruits - 40

Apples	10 qt.	1 bu.		
Apricots	3 qt.			
Berries	7 qt.			
Cherries	4 qt.			
Peaches	7 qt.			
Pears	3 qt.			
Plums	4 qt.			
Rhubarb	2 qt.			
*Tomatoes - 20	20 qt.			

*Probably not frozen

Family Canning, Freezing and Storing Budget

Number of Servings

1 pound root vegetable, greens or cabbage 3 servings
 1 quart canned vegetables and fruits 8 servings

Size of Servings

1/2 cup for canned fruit and vegetables.

Amounts

Included in the budget is about 10% for such emergencies as company, extra help, etc.

Relishes and pickles help to make the diet more palatable, so if possible, preserve these as extra vegetables or fruits.

Quantities are based on a moderate cost diet which allows for each day:

- One or more servings of potatoes
- One serving fresh or stored vegetables
- One serving canned or frozen vegetables
- One serving citrus fruit or juice, or other fresh fruit, or canned tomatoes, or juice.
- One serving canned or frozen fruit

Tomatoes may be used as a vegetable but the amount given was figured on the basis of one-half the following requirement of "one serving of tomatoes or citrus fruit".

If desired the amounts of stored vegetables may be increased thus making it possible to decrease the amount of canned or frozen vegetables. Dried and additional stored fruit may be used to decrease the amount of canned or frozen fruit.

		10 pt.	Apples
		3 pt.	Apricots
		1 pt.	Berries
		4 pt.	Cherries
		1 pt.	Peaches
		3 pt.	Pears
		4 pt.	Plums
		2 pt.	Rhubarb
		20 pt.	*Tomatoes - 20